

Health and Well-being Draft Outcomes.(HWB)	Lesson Plan 1 You, Your Skin Your Body		Lesson Plan 2 A Spot of Stress		Lesson Plan 3 Face the Challenge		Lesson Plan 4 Embarrassing Moments		Lesson Plan 5 May Cause Confidence	
<b>Mental, emotional, social and physical wellbeing</b> <i>The learning environment will support</i>	<i>S1-3 Level 3/4</i>	<i>S4 -5 Level Senior</i>	<i>S1-3 Level 3/4</i>	<i>S4 -5 Level Senior</i>	<i>S1-3 Level 3/4</i>	<i>S4 -5 Level Senior</i>	<i>S1-3 Level 3/4</i>	<i>S4 -5 Level Senior</i>	<i>S1-3 Level 3/4</i>	<i>S4 -5 Level Senior</i>
<b>Outcomes at all stages</b>										
<i>I am learning that we all experience a variety of emotions that affect how we think, feel and behave.</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>I know how to describe my feelings about what is going well or where support is needed</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>I know that my feelings and behaviour change depending upon what is happening within and around me. This helps me to understand the way that others behave.</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>I understand that people can often feel alone and can be misunderstood and left out by others. I know the importance of showing support by a caring reaction.</i>	✓	✓								
<i>I understand the importance of mental wellbeing, and know that people do not always enjoy good mental health. I know that when this happens there are people I can turn to for help.</i>	✓	✓	✓	✓	✓	✓				
<i>I recognise that each individual has a unique blend of needs and abilities and that the community of the school values individuals equally and is a welcoming place for all.</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>I value the opportunities I am given to improve and manage my learning and, in turn, I can offer my skills to help encourage learning and confidence in others.</i>			✓	✓	✓	✓				



<b>Nutrition</b>										
<b>HWB 312L</b> By taking part in practical food activities, I can understand how to improve my food choices by taking account of current healthy eating advice.	✓		✓		✓		✓		✓	
<b>Relationships, sexual health and parenthood</b> <i>learning experiences enable me to:</i>										
<i>Recognise my own identity and develop a sense of self-worth</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>establish and maintain healthy relationships</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>HWB 328PP / HWB 432PP</b> I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions.	✓	✓					✓	✓	✓	✓
<b>HWB 330RR / HWB 434RR</b> understand my own body's uniqueness and my developing sexuality.	✓	✓								